

PHYSIOLOGY & DEVELOPMENT (Module 2)

SUMMARY

Whew, you made it! We've just covered a LOT of scientific sleep information! Maybe it felt a bit technical, maybe you still don't see the whole picture. That's ok! The next few modules are full of the practical implementation of those key physiological building blocks, and are going to help you put all the pieces together.

The most important thing we want you to take away from this module is...

You as parents are capable of setting your little one up for sleep success! And we are here to help you do that in a way that works with, not against, your child's physiological make-up.

One of the easiest ways that you can do that is to apply what we know about the physiology of sleep to your little one's sleep environment - which is what we're going to cover in the next module!

But first, go to your worksheets now and complete the **Module 2 - Summary** page.